

What is claimed is:

1. A vehicle body panel assembly, comprising: an outer skin panel defining an exterior surface of a vehicle and an inner skin panel spaced from said outer skin panel and an energy absorbing body located between said outer skin panel and said inner skin panel between said outer skin panel and located such that when the body panel assembly is installed on a vehicle the energy absorbing body is aligned with a hard point of the vehicle.
2. The vehicle body panel assembly of Claim 1 wherein said energy absorbing body comprises a foam block.
3. The vehicle body panel assembly of Claim 1 wherein said energy absorbing body comprises a hollow body.
4. The vehicle body panel assembly of Claim 1 wherein said hollow body comprises a fluid reservoir.
5. The vehicle body panel assembly of Claim 4 wherein said fluid reservoir comprises a window wiper fluid reservoir.
6. The vehicle body panel assembly of Claim 4 wherein said fluid reservoir comprises an anti-freeze fluid reservoir.
7. The vehicle body panel assembly of Claim 1 wherein said vehicle body panel comprises a vehicle hood.
8. A vehicle hood comprising:
an outer skin defining an exterior surface of a vehicle hood;
an inner skin spaced from said outer skin;
a cavity formed between said outer skin and said inner skin; and
an energy absorbing body at least partially received in said cavity.

9. The vehicle hood of Claim 8 wherein said energy absorbing body comprises a foam block.

10. The vehicle hood of Claim 8 wherein said energy absorbing body comprises a hollow body.

11. The vehicle hood of Claim 10 wherein said hollow body comprises a fluid reservoir.

12. The vehicle hood of Claim 11 wherein said fluid reservoir comprises a window wiper fluid reservoir.

13. The vehicle hood of Claim 11 wherein said fluid reservoir comprises an anti-freeze fluid reservoir.

14. The vehicle hood of Claim 8 wherein said energy absorbing body comprises a plurality of energy absorbing bodies spaced apart from each other.